HOW MUSIC PLAYS ROLE IN A CHILD’S LEARNING

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The teachers of today have been employing a lot of strategies in their teaching to be able to reach their goals and objectives of having their students learn in the best way they can be. Motivational techniques are part of the teaching-learning process. These includes games, simulation, storytelling and even music.

Music is a part of someone’s life. When we are bored, happy, exhausted, lonely or need peace of mind, we rely on music as our comfort tool. According to Deane Alban (2018), music “improves brain health and function in many ways”.

Scientifically speaking, music could affect the mood of somebody by stimulating the formation of certain brain chemicals. It has been proven that listening to music increases the neurotransmitter dopamine which is the brain’s “motivation molecule” and an integral part of the pleasure-reward system (https://bebrainfit.com/music-brain/).

Lauren Martin (2014), in his blog “10 Benefits of Music Education” published in the website learningliftoff.com discusses ten (10) benefits that could be gained in incorporating music in the teaching-learning process. Some of these are summarized as follows:

Improvement of Language Skills. There are studies that have proven how learning music improves the left side of the brain. This part of the brain is known to be the one responsible for the processing of language skills.

Improvement of Test Scores. There are also studies that students who are engaged in music perform better than those who are not. It cannot be denied that learners who are
inclined to music have strong memory abilities which in turn could be manifested in their test scores.

Improvement of self-esteem. If students could express themselves through singing or playing musical instrument, this somehow develops their self-confidence especially when their audience commends them on their performance.

Improvement of Listening Skills. People who are inclined to music are also good listeners because they are very particular with tempo, harmony, dynamics, pitch, notes and timing.

Improvement of Math Skills. Learning music is also learning notes. When learners study notes, they deal with half notes, whole notes, etc. Fractions are involved in this case, so learners are refreshed with this topic in Math.

Improvement of the brain. When a person plays or performs music, his or her brain functions more.

Serves as Stress Reliever. There is no doubt that music relaxes us and gives us feeling of comfort whenever were exhausted, tires, or stressed.

Improvement of Creativity Skills. Students who are more inclined to music also become more creative. Some composes original songs while others give another rendition to previously known music.

As teachers, it is high time that we start considering music to be integrated in our teaching or instruction after having known the benefits of music education to learners. Who knows, maybe this strategy could be appropriate to the classroom management we are dealing with everyday. As learners of the modern world, our students’ interest and capabilities are something to be always considered in planning our lesson.
References:

www.edweek.org

https://bebrainfit.com/music-brain